

Peer Led Activities in Nutrition

Student-Led, Project Based Learning for School Wellness Activities



What is PLAN?

PEER-LED ACTIVITIES IN NUTRITION

- Directed education combined with PSE (policy, system, environment) interventions through student-led, project based learning.
- Development of student-based individual wellness goals, AND class/group-based wellness goals.
- Teaches students how their choices impact their health, community, and environment.

Sample Layout

Series Order		Topic <small>*susceptible to change depending on needs of the group</small>	Theme Objectives
1	Project Session #1	Introduction: PLAN Projects <small>The Possibilities are Endless</small>	Brainstorming
2	Curriculum Lesson #1	Exploring Food Choices: Nourish Mind & Body	Individual Choice; Selfcare
3	Curriculum Lesson #2	Where to Find our Food	Information Gathering
4	Curriculum Lesson #3	Shop Right to Eat Right	Food Resource Management
5	Curriculum Lesson #4	Understanding the Food Web	External Factors
6	Curriculum Lesson #5	Sustainability: The Attainable Choice	Pulling it All Together
7	Project Session #2	Assess the School; Surveys to Peers <small>*Encouraged, but optional depending on group time frame</small>	Identifying School Environment/ Issues
8	Project Session #3	Prioritizing Areas: Choosing a Project	Big Picture Impact
9	Project Session #4	Plan and Implement the Project <small>*Time frame needed will depend on the scope and plan of work of the project</small>	Project Implementation
10	Project Session #5	Developing Communication and Messaging strategies	Advocacy
11	Project Session #6	Evaluate and Celebrate Project Completion	Project Evaluation

Lessons vs. Sessions

LESSONS

Curriculum Based

- 45 Minutes more or less

Lesson Topics Include:

- Food Choices: Food, Mood & Energy
Nourishing Body and Mind
- Food System: Sustainability
- Navigating Food Shopping and Food
Resource Management
- Food Preparation

PROJECT SESSIONS

Student Work Engagement

- 45 Minutes more or less
- At least 5 sessions but will depend on project

Session Deliverables Include:

- Brainstorming and Group Work
- Assessment of School Environment Needs
- Project Development
- Communication and Advocacy
- Project Implementation
- Evaluation and Celebration

Delivery Options

Single Lessons

(Direct Education Only)

Deliver one or two lessons from research based curricula.



Lesson Series

(Direct Education Only)

Deliver two or more lessons in order from research based curricula.



Full PSE Intervention

Combine lessons with project sessions for full series.

